

Community Garden News

City of Loma Linda

June 2003

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

Summer Events

May 28th

Garden Workshop with David Stottlmyer. The focus of this workshop will be on getting started gardening. This workshop is great for beginners or for those who would like to have a refresher on basic gardening skills.

June 18th

Garden Workshop will be a cooking demonstration with LLU students. Enjoy another healthy, diverse vegetarian menu.

Vegetable Exchange Days

- Sunday July 13th
- Sunday July 27th
- Sunday August 10th
- Sunday August 24th

September 7th

Harvest Festival

Garden *thyme* is
dawn 'til dusk



A Worm is the Gardener's Unpaid Helper

Worm composting, also called vermi-composting, is one of the easiest methods for reusing fruit and vegetable scraps from your kitchen and yard, and a great way to recycle nutrients in food waste. All you need is a container filled with moistened bedding, worms and food scraps. The worms, with help from micro-organisms, convert the bedding and food waste into compost in only a few weeks. Worm composting is very simple and can be done virtually anywhere, including schools, offices or homes. The resulting compost is an excellent soil amendment that can be used to make potting soil for house plants or as a fertilizer for your garden. Worm compost is also a rich source of nitrogen, making it an excellent organic fertilizer, and the worm tea (the liquid that is produced during the composting process) is also an excellent organic fertilizer and contains many essential minerals and nutrients plants need to grow.

How to get started and maintain your worms:

1. Use a plastic box with a tight-fitting lid with plenty of air vents or purchase a worm bin.
2. Add bedding material, such as coconut coir or shredded newspaper, and then add about ½ - 1 pound of red worms.
3. Feed the worms regularly with fruit scraps, vegetable scraps, coffee grounds and tea bags leaves, crushed egg shells, nut shells, and stale bread. **Avoid:** Rotting food, meat and dairy items, citrus rinds, animal by-products, oil, fats and grease, and pet droppings.
4. Keep the worm bin warm, but not hot, and keep it out of direct sunlight.
5. Keep bedding moist, but not wet.
6. Use crushed egg shells or ground limestone to keep the pH neutral (around 7.0).
7. Feed one end of the bin for two weeks, then harvest your worm compost from the other end.

Healthy Vegetarian Cooking Demonstration

On April 30th LLU Master of Public Health students Lara Al-Dandachi, Vanessa Aldaz, Gem Gilman, Elisa Guichard and JJ Jeong presented a Garden Workshop on healthy vegetarian cooking. Each of the students prepared a vegetarian version of a recipe known for their culture. Recipes prepared were Tabouleh, Vegetarian Ceviche, Tofu Banana Bread, Carrot Roast, and Vegetarian California Rolls. For a copy of one of the recipes, please contact Paige Parker at: (909) 799-2800 x514. Also, a special thank you to Mary Cooke for the overhead mirror that helped workshop attendees see the demonstration! Another cooking demonstration will be held in the Civic Center Community Room on Wednesday, June 18th from 6:00 p.m.- 7:00 pm.



Food sampling...yum!



Gem & Tofu
banana bread

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EDITOR-IN-CHIEF: Joanne Heilman

MANAGING EDITOR, LAYOUT AND
DESIGN: Paige Parker

Ideas and submissions
are welcome. Contact
Paige Parker at:
pparker@ci.loma-linda.ca.us
Or Joanne Heilman at:
jheilman@ci.loma-linda.ca.us
(909) 799-2810



California Healthy Cities
and Communities

Gardening Zones: Does it Matter?

You may be wondering what a zone map is and why it's important. If you are a gardener these maps are an invaluable resource when it comes to knowing what to plant and why. There are a few types of zone maps to choose from, like the USDA Zone Map, and the American Horticultural Society's Zone Map, but *Sunset Magazine* Zone Maps, which cover 13 Western States, factor in not only winter minimum temperatures, but also summer highs, lengths of growing seasons, humidity, and rainfall patterns to provide a more accurate picture of what will grow there. According to *Sunset Magazine* Zoning, Loma Linda is in Zone 19 where the growing season is mid-March through late November. Summers are hot and dry, and rainy in winter when lows dip to about 27°F. Check seed packets for optimal growing conditions. There are several books that may help with understanding zoning and/or what to plant and when. Sunset Western Garden Book is a useful tool in helping gardeners determine what will thrive in their gardens according to zones. Pat Welsh's Southern California Gardening: A Month-By-Month Guide and Answers for California Gardeners by Robert Smaus are two others that may be helpful in determining planting needs.



Gardening is the art that uses flowers and plants as paint, and the soil and sky as canvas. ~Elizabeth Murray

Vegetable Exchange Days

Have you been admiring other gardeners produce? Now is your chance to

During the month of July there will be two vegetable exchange days. There will be some baskets on the picnic table in the community garden for you to put your produce in. All gardeners are encouraged to get involved in these events! All you need to do is select some of your produce from your garden to exchange for produce someone else has left in one of the baskets. It's that simple! The two exchange days will be Sunday July 13th from sunrise to sundown and Sunday July 27th from sunrise to sundown. Please take advantage of this opportunity.

Recipe Corner

Cool-as-a-Cucumber Soup with Garden Peas & Cherry Tomatoes

This official 5ADay recipe serves 4 people and provides 2 vegetable serving per person

1/4 medium-sized yellow onion
1/2 cup low-fat yogurt
1 cup non-fat sour cream
2 tablespoons white or red wine vinegar
3 tablespoons freshly squeezed lemon juice
2 large cucumbers, peeled, seeded and sliced (see sidebar below)
1 cup cooked frozen peas
1 pint cherry tomatoes
Salt and pepper to taste

Blend the onion, yogurt, sour cream, vinegar, and lemon juice in a blender until smooth. Gradually add the cucumber pieces and 1 cup peas in small batches, turning off the blender before adding and blending until smooth before adding more. Blend until completely smooth, and refrigerate the resulting soup until it's chilled. Divide the soup between four shallow bowls. Divide the remaining peas and the cherry tomatoes among each bowl, arranging them on top of the soup. Add salt and pepper to taste.

Nutritional Analysis Per Serving: Calories, 138; Fiber, 5 g; Fat, 1 g; Cholesterol, 4 mg; Sodium, 131 mg